

# THE PROGRAM

## Our Purpose

To provide therapeutic massages that alleviate pain or allow relaxation. We offer treatment to specific areas of the body that may experience discomfort and relaxation massages to help loosen muscles, increase blood flow, and provide relief to the whole body.

## Making an Appointment

Appointments can be scheduled by calling the Front Desk at the appropriate location. If you have questions about a specific treatment or one of our staff therapists, the Front Desk will ensure that a therapist returns your call within 24 hours.

Please plan to arrive 15 minutes before your scheduled appointment time. If you are new to the massage program, you will be asked to fill out a health history form. Payment is expected in advance and all payment related issues are handled at the front desk. Non-members must pay for services when making an appointment.



## Cancellation/No-Show Policy

Your appointment is reserved for you. We appreciate your understanding that in order to keep our schedule working for all of our clients, we need at least 24 hours notice for all cancellations. No-shows and cancellations with less than 24 hours notice will be charged the full fee.

We do not file insurance claims, but we are glad to provide you with a receipt of our services. Our professional staff of therapists is committed to providing quality treatments in a peaceful and relaxing environment.



WELLNESS CENTERS  
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NORTHWEST CARY

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WELLNESS CENTERS

# MASSAGE THERAPY PROGRAM



## Mission:

*To provide the highest quality of skilled therapeutic massage in a professional setting. To foster relaxation, healing and recovery from injury and disease, and to assist in the management of pain.*

# MASSAGE

## services and rates

### Swedish

This traditional massage involves gentle manipulation of the superficial muscle layers. A very relaxing massage; wonderful for improving circulation and flexibility, and reducing stress and muscle tension.

### Deep Tissue

Chronic patterns of tension in the body are released through slow, deep, stretching strokes and direct pressure to contracted areas. This massage is used to treat a wide variety of soft tissue complaints by focusing on deep muscle layers.

### Reflexology

A holistic, complimentary therapy involving acupressure to reflex points on the feet, hands, and ears. It is based on the theory that stimulation of specific reflex points can dissipate neuro-chemical congestion in the neural pathways between these reflex points and corresponding parts of the body, restoring balance.

### Hot Stone Therapy

This deeply relaxing and therapeutic treatment combines the use of heat and massage techniques. Stones are warmed and gently applied to the body, penetrating through areas of chronic pain or tension and melting away stress.

### Pre-Natal Massage

Designed for women in all stages of pregnancy. Wonderful for relieving muscle tension, fatigue, and discomfort specific to pregnancy.

### Facial Wellness Massage

Also known as the Bellanina Facelift Technique, the Facial Wellness Massage, is a luxurious, safe and effective method of facial rejuvenation which treats the problem of sagging, aging skin without surgery. Treatments promote: toning, skin rejuvenation, symptomatic relief of TMJ Syndrome, sinus problems, migraines and stress.

### Manual Lymph Drainage (MLD)

MLD is a cornerstone of effective lymphedema therapy. This gentle technique stimulates the movement of lymphatic fluids, cleansing the body of inflammatory materials and toxins. MLD removes excess water, protein and wastes from connective tissue through the lymph system which then carries the purified fluid back into the blood stream. MLD enhances the activity of the immune system, reduces pain, and lowers the activity of the sympathetic nervous system.

### Medical Massage

Medical massage is a modality that focuses on a specific muscular-skeletal issue, such as Carpal Tunnel Syndrome, chronic headaches, rotator cuff injuries, and repetitive motion injuries. This work utilizes neuromuscular techniques and trigger point therapy. Medical massage aims to reduce pain, increase range of motion, and correct postural distortions.



### Rates:

**Regular Massage:** Swedish, Deep Tissue and Reflexology, Facial Wellness Massage

1 Hour	Member	Non-Member
1 Session	\$70	\$80
3 Sessions	\$199	\$228
6 Sessions	\$389	\$444
12 Sessions	\$756	\$864

1.5 Hour	Member	Non-Member
1 Session	\$100	\$115
3 Sessions	\$285	\$327
6 Sessions	\$555	\$639
12 Sessions	\$1080	\$1242

**Specialty Massage:** Hot Stone Therapy, Pre-Natal, Manual Lymph Drainage and Medical Massage

1 Hour	Member	Non-Member
1 Session	\$80	\$90
3 Sessions	\$228	\$255
6 Sessions	\$444	\$498
12 Sessions	\$864	\$972

1.5 Hour	Member	Non-Member
1 Session	\$115	\$140
3 Sessions	\$327	\$399
6 Sessions	\$639	\$777
12 Sessions	\$1242	\$1512